YOGURT CONSUMPTION IS AN INDICATOR OF A HEALTHY DIET AND LIFESTYLE

Yogurt is commonly viewed as a healthy food and is part of the diet of many people worldwide. Did you know that yogurt consumption is an indicator of an overall healthy diet and lifestyle?

Latest research findings, highlighted in a recent scientific conference* , reveal main differences between yogurt consumers and non- or low-consumers in terms of:

**HEALTHIER EATING PATTERN**

- Greater intake in key nutrients
  - Minerals
  - Vitamins
  - Protein
  - Fat intake

- Better diet quality
  - Consume more
  - Meeting the dietary guidelines

- Healthier eating habits
  - Eat less

Based on observational cohort studies, conducted in North & South America and in Europe

**BENEFICIAL ASSOCIATION BETWEEN YOGURT CONSUMPTION, WEIGHT GAIN OVER TIME** AND RISK OF DEVELOPING DIABETES

- Regular yogurt consumption → Less weight gain & better BMI
- Risk of developing Type 2 diabetes

Based on a review of cohort studies including more than 14,000 participants

**HEALTHIER LIFESTYLE**

- 40% more likely to be physically active
- 30% less likely to smoke

Based on studies conducted in Italy and Brazil

Regular yogurt consumption is linked to a better diet quality, better weight management, a lower risk of developing diabetes, and a more active lifestyle, suggesting that it may provide many nutritional and health benefits.

This is why experts suggest that yogurt consumption can be viewed today as a signature of a healthy diet and lifestyle.

* "Yogurt consumption benefits: global findings & perspectives” held during the 12th FENS European Nutrition Conference, October 2015